



Grab

More

Get 6 to 11 a Day!

Keep up with the hectic pace of your lifestyle and Grab More Grains. Grain foods give you the energy you need to get through the day. Americans should eat six to 11 servings a day, so here are some hints to help you Grab More Grains throughout the day:

- **Shapes and sizes.**
Bread isn't the only grain food. Cereal, crackers, tortillas, bread sticks, pasta, and bagels are other great ways to grab more grains.
- **How much?**
One serving is easier than you think. A slice of bread, a waffle, four saltine crackers, a small tortilla, or one-half of a regular bagel equals a serving. A sandwich with two slices of bread is actually two servings!
- **Love your leftovers.**
Cook enough pasta for three different meals with three different toppings, such as: spaghetti sauce, parmesan cheese and spices, or zesty salsa.
- **What more could a family want?**
Grain foods are usually inexpensive, low-fat, low-calorie, filling, easy to prepare, and versatile. Eat cereal dry as a snack or with milk for breakfast. Use tortillas for soft tacos or wrap a sandwich.
- **Quick, easy, and healthful.**
A simple way to add more grain foods to your meal: Try putting a grain food such as pasta in the center of your plate and surround it with cooked vegetables and meat.
- **Make your own pizza night.**
Top bagel or English muffin halves with mozzarella cheese, pizza sauce, and vegetables. It's so easy, so much fun, and surprisingly healthful.

Grains



The "Eat for Health" Campaign was developed by the Missouri Nutrition Network, a nonprofit, collaborative effort of public and private organizations throughout the state. Partial funding for this project comes from the United States Department of Agriculture (USDA).





Grab More Grains



Get 6 to 11 a Day!

Foods like bread, cereal, spaghetti, rice, and tortillas give your body energy. There are many to choose from — and they don't cost a lot. Eat at least six of these foods every day.

Shopping:

- Try something new. Try a whole-grain bread, a new kind of bagel, or a new shape of pasta.
- Stock up on grain foods for healthful snacks. Pretzels, bread sticks, tortillas, crackers, and cereal give you and your family energy.
- Look for supermarket "day-old" specials on bread and rolls. They cost less and taste just as good.

Making dinner:

- Pass the bread basket. Let kids have their favorite kind of bread for dinner.
- Serve rice or noodles with vegetables like peas, carrots, or broccoli.
- 10-Minute Meal: Boil pasta noodles with frozen vegetables (like a broccoli, cauliflower and carrot blend). When vegetables are tender and noodles are cooked, drain off liquid and pour on your favorite spaghetti sauce. Heat for a little bit longer. Then serve with grated cheese, bread sticks, and low-fat milk or fruit juice.

Feeding picky kids:

- Let your kids help make snacks like crispy rice treats or peanut butter and jelly on toast.
- Mix two or three kinds of cereal together with pretzels.
- Toast a breakfast waffle and spread it with jam.
- Leftover macaroni and cheese is always a favorite.

The U.S. Department of Agriculture (USDA) prohibits discrimination in all of its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, or political beliefs. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's Target Center at (202) 720-2600 (voice and TDD).

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD).
<http://www.dhss.mo.gov/mnn>